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Tuition Freeze

Accompanies Cold Weather

New program hopes to attract students

By Alex Yong
News Writer

On March 13th, Saint Joseph's College announced a freeze on tuition for the 2013-2014 academic year, and a guaranteed tuition plan that will go into effect at the beginning of the same year.

"The guaranteed tuition plan is a warranty that the tuition remains the same for the four consecutive academic years or eight semesters, beginning with the term of a qualifying student's initial enrollment at Saint Joseph's College," Vice President for Business Affairs, Hoa Nguyen said of the plan, "The objective is not only to improve the graduation rate but to provide a financial incentive for the student to stay at Saint Joseph's College for his or her entire undergraduate education," Nguyen added.

When asked for thoughts, Professor Robert Brodman had this to say on the plan: "I've been seeing articles on this program in recent years. Many other colleges

have been doing it. We're not the first to come up with the idea, but it seems to me to be the right thing to do."

Students also seem to be enthusiastic about the plan. "I think it's a great idea, and it will help incoming freshmen out, and make the College affordable for people," Junior Seth Arthur said of the plan.

"I think it's a good thing, because it's going to keep a lot of people here," Sophomore Bistrat Desta said.

Others however, are happy for it, but feel that the plan won't have much of an effect on them. "I like the idea, but it makes me wish I was a freshman," Junior Megan Rust said.

The University of Texas in Dallas implemented a similar program back in 2007. In 2006, UT Dallas's graduation rate stood at only 44.9 percent. After two years of the program, the graduate rate went up to 50.6 percent.

There are some rules regarding the plan, however. As mentioned

by Nguyen, the plan is only for four continuous academic years, which can be any sequential combination of four fall semesters, four spring semesters, and four summer semesters, commencing with the semester of initial enrollment. Should the student not graduate in this set time, they will be put on a second guaranteed plan that has the price

of the current year the student exceeded the original plan. If the student doesn't make it in that plan, they will no longer be on the guaranteed tuition plan.

Overall, the plan has had an enthusiastic welcome to SJC. Hopefully the program will improve not only the retention rate, but also the number incoming students as well.



Students jump and play enjoying the snowy cold weather. Will they have the same reaction to the Tuition Freeze Program? Photo courtesy of Saint Joseph's College.

Sustainability Steps It Up

SJC introduces new Sustainability Studies Minor

By MaryKate Hresil
News Writer

Saint Joseph's College recently introduced the new Sustainability Studies minor, available to students interested in incorporating more environmentally friendly perspectives in their given professions.

The incentive began in 2010 with a sustainable action plan that focused on changing SJC's energy practices, as well as the curriculum. Research for the curriculum took approximately a year to complete and six months to get through the "red tape." The course received nothing but

positive feedback from faculty, and we now have a full minor in Sustainability Studies. The program also received support in the form of the Ad Hoc committee filled by Dr. Lana Zimmer, Dr. Mike Nichols, Dr. Bob Brodman, Dr. Roger Olsen, Dr. John Kennedy, Dr. Anne Gull, Dr. Jennifer Coy, Dr. Tim Rice, Dr. Brian Capouch, Dr. Joanna Hunter, Dr. Fred Grecne, Dr. Rochelle Robertson, Dr. Maia Hawthorne, Bonnie Zimmer, and Adjunct professor Dan Perkins.

The diverse committee similarly reflects the diversity of the minor. Sustainability Studies is an interdisciplinary minor for two main reasons. The first is

that to completely understand sustainability, you have to understand more than just the science aspect. Sustainability is the study of people and the environment; it is integral to the overall message to have a strong understanding of both of them. Classes range from Biology, Economics, Art, English, and others that may seem surprising. However, sustainability is about the relationship between humans and the earth and it is key to recognize that.

The Sustainability Studies minor really is about the student and using sustainability in their given field. It is considered a designer minor in which students can mold their classes into what works for their given profession. That being said, it is recommended that students seeking to take Sustainability Studies classes seek out the aid of Dr. Lana Zimmer or Dr. Jennifer Coy to create a schedule that will yield the best results for the individual student.

Sustainability Studies also intertwines several key principles of Catholic social teaching, including stewardship and caring for the poor and

vulnerable. It is such a broad and all encompassing program that it really strengthens the academic curriculum of SJC.

There has been a lot of interest by the students for this program. This stems from the ever-present theme of "green" incentives in the everyday world and also reflects the demand for career paths pertaining to being sustainable. The demand for jobs makes this minor more appealing to students, giving them the edge above competitors.

Dr. Lana Zimmer, often seen as the face of sustainability at SJC, would like to extend a special thank you to the students of the Student Sustainability Coalition: Hanna Kane, Emily Baird, Danny Crider, Adrienne DiRuzza, Natalie Gouwens, and Amanda Rousseau. These students have exemplified the hard work and dedication of sustainability. They also reflect the growing need for sustainable plans and why including them in our academic curriculum are so important. Anyone interested in joining the coalition or the minor are once again directed to Dr. Lana Zimmer.



Habitat for Humanity Offers SJC Students “Alternative Spring Break”

Students from SJC spent their Spring Break delivering food and building houses in Athens, Georgia

By Mike Sosnowski
News Writer

What did you do on your spring break? Many of you might have lived it up, and others still might have just spent the week on the couch. Either way, almost all of you returned home to relax in some way. Yet for a small group of students, their break was spent far from home doing anything but relaxing.

From March 9th to the 17th, several students journeyed to Athens, Georgia, each volunteers for Habitat for Humanity. This was the third time that Saint Joseph's College chapter of Habitat for Humanity has gone to Georgia to help those who are less fortunate. The trip involves a lot of hard work, but the students who went on the trip enjoyed their time greatly. This particular trip involved two separate projects: helping to create a playground and



Working hard or hardly working? The SJC Habitat for Humanity group gets busy laying gravel on the playground they are building. Photo courtesy of Austen Farney.

repairing a house.

The students were split into two groups. Senior Political Science major Yara Mroueh was a part of the playground group. As a result, she and others laid out rock and sand, and their project was full of heavy lifting. All the same, she greatly enjoyed the trip and was especially pleased that

all the students on the trip got along and became a family of sorts. And even though she sprained her ankle, twice, she described the trip as amazing and that, “This trip and Kairos are the two experiences at SJC you take with you for the rest of your life.”

This was Assistant Director of Marketing Ben

Kalinowski's sixth Habitat trip and he was in the second group. His group was responsible for re-roofing a house, adding a deck to the house, and also repainting it. He stated that although it was a lot of work, it went by very smoothly thanks to helpful site supervisors. They coached him through his first time roofing. When he and the students were not busy, they spent their time relaxing from the hard work at Milledge Avenue Baptist Church. Here he noted that the students banded together very well and said that he was glad that it wasn't “cliquey as has happened before.” Overall, he said that everything worked out well.

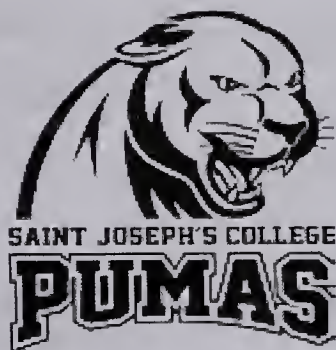
There was a unique aspect to this particular trip, though. The leader of the trip and Mass Communications Professor Fred Berger who has been on eighteen trips said this one

was special. This was because along the trip the group met up with SJC graduate Michelle Cimaroli who was a member of the Handmaids of the Sacred Heart of Jesus. This group was overseeing a project which provided food and supplies to poor or illegal immigrants. She invited the Habitat group to help out in that weekend's delivery. The group chose to then spend their day off continuing to help the less fortunate. Berger was greatly impressed by the group's initiative and said that he is “always impressed by students who give up their spring break.”

So ask yourself a question. What will you do with your next spring break? Will you spend it on the couch, or will you spend it making a difference?

Upcoming Puma Events

4/1 PAC All Meeting
4/4 PAC's Roommate Game
4/5 Alcohol Screening
4/7 Band Spring Concert
4/11 Spring Musical Begins



The SJC Habitat workers pose for a group photo in sunny Athens, Georgia. Photot courtesy of Austen Farney.

SJC Jazzes Up Friday Nights on Campus

Make a Choice and Missionary Outreach sponsored Jazz Dance is a big hit

By Jessica Ruschke
Staff Writer

On Friday, March 22 Halleck Ballroom was the site of swing dancing and jazz music. The Missionary Outreach Student Auxiliary hosted the Jazz Dance to raise money to support the work of the Missionaries of the Precious Blood in Africa, including their work at orphanages such as the Village of Hope in Tanzania. “We want to pass on that missionary spirit of Christ and the charity he exemplified for us,” said Missionary Outreach Student Auxiliary Treasurer

and junior Religion/Philosophy major Matthew Hess.

Other organizations joined with Missionary Outreach to make this dance happen. The Saint Joseph's College Jazz Band, directed by Associate Professor of Music Dr. Paul Geraci provided the music for the dance and played a number of jazz favorites. The Make a Choice (MAC) club on campus provided mocktails. In addition, Assistant Professor of Physical Education Dr. Gary Sanders volunteered to give dance lessons before the dance.

Missionary Outreach

decided on the dance for their fund-raiser to allow students to try something different. “Students in the contemporary world don't dance this way anymore. It was a way to try something new and different from our cultural past and yet something that could be fun,” said Matt Hess.

Students were not the only ones invited to the dance. Faculty, staff, and residents of Rensselaer were also encouraged to attend and try out some moves on the dance floor. It was a chance to mingle and listen to the jazz music.

The other officers of the

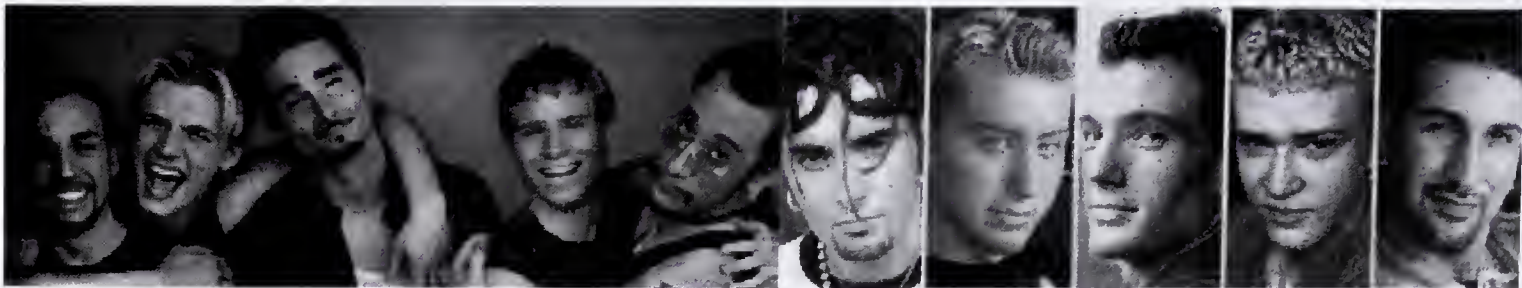
Missionary Outreach student auxiliary who organized the dance include President senior Business major Jessie Ruisard,

Vice President senior History major James Bertucci, and Secretary junior Business major Margaret Englehart.



Student in the SJC Jazz Band provided music for the dancers at the Jazz Dance on Friday, March 22nd. Photot courtesy Anthony Majewski.

They're Back ... Say Hello to Boy Bands!



By Victoria Lawson
Opinions Writer

It is 8 pm and I'm looking through all my music trying to find the perfect song to do my homework to. I found it - "Bye, Bye, Bye" by Nsync. Wait, I kind of want to listen to the Backstreet Boys. No. I'm going to listen to Neon Trees. Or One Direction's "That's What Makes You Beautiful." It's the perfect song and I can't help but admit that all the men in the band are adorable. It makes me feel like I'm ten years old again. I just cannot help but fawn over their dreamy voices and adorable smiles. I should probably feel embarrassed. I am twenty years

old dancing around my dorm room singing a boy band song but in actuality my roommates join in with me. People from down the hall come down to hear the songs I am playing and join in the fun. Whether we like to admit it or not there is a return of the boy bands. Growing up in the 1990's we all know that there were boy bands that every girl and some boys fell in love with. They were awesome! They could sing, dance, and they were the coolest people that we knew about. I still remember going crazy over Justin Timberlake's curls and Aaron Carter's dance moves. They produced the music we memorized and the dance moves we all thought we could do. I

know I do not speak for myself when I say in a way we idolized them. Today it seems that boy bands are making a comeback. We are even excited when the old boy bands we loved like Backstreet Boys, New Kids on the Block, and 98 Degrees make their comeback tours. I love that boy bands are coming back. Look at One Direction. Harry Styles is the new "it" guy. They're British and they know how to sing beautifully, you can't argue with that. Also, take Justin Bieber. He is a boy wonder. He started as a teen just like Justin Timberlake and now he is transitioning into a phenomenal singer as an adult. They make us swoon. We feel like we are 16

years old enjoying puppy love. I mean look at Fall Out Boy even they are making a comeback. Let's face it, the music industry knows what we want. We want people that we can connect to, making boy bands the obvious choice. You can even look at Glee. They may not be boy band per say, but they are a great group of singers and performers. They help us connect with them; they make us want to be them. I don't see why these bands shouldn't be making a comeback. I'm looking forward to more boy bands coming out. Who knows, maybe girl bands will be making a comeback. I'd be down with a Spice Girls reunion tour.



A Brief Note on College Fees

By Matthew Hess
Opinions Writer

It was said by Benjamin Franklin that there are only two things we know for certain will happen in life: death and taxes. Although it might be interesting to do a piece on thanatology, I have chosen instead to discuss the fees that effect those students at SJC semester after semester. Some of these fees might seem unnecessary or outdated, but either way they must be paid. Fees are not always bad. Again, for the second time this semester, I find myself praising the Computer Center. Our technology fee is not all that when one looks at it comparatively. We now have two computer labs in operation again and printers in three different buildings at our disposal. Granted, there has been money given to these projects from other sources, but the fact remains that we have it pretty good. This Campus has yet to see the day when we have to pay for our printing. Other fees begin to add up. Student fees make up most of the fees we must pay. These go to things like laundry (remember the machines are no longer coin operated). The budgets for clubs and organizations to put on the events on campus, which for the most

parts aren't too terrible, come from the fees we pay. I have heard that there might still be a fee for the phone line in the room, which I hope is not true seeing as no students really use that anymore in this age of cell phones. Students were shocked to see an extra sixty dollar charge that was handed out in the last few months. Many students were less than thrilled about this fee, and have feelings about paying it. Some feel that if housing cannot get their act together then they might have to do away with the extra money. We have, in fact, paid \$35,000 already to be here. I think there might be some truth to those sentiments. The final group of fees that I would like to discuss is the ones that are under forty six cents, yet

are mailed to our houses. There has to be a better way to this. It shows that somewhere there is money to be wasted (possibly the extra sixty we were charged is partially used for postage?) These fees are not senseless though, for things that are broken need fixing. It just the manner in which they are delivered is broken. Not all fees are nonsensical; some though are a bit of a smack in the face. However I think over all Saint Joe's is fair with the student fees they charge. Just by looking around one can see that maybe a majority of our complaints should not be sent to the college president, but rather a blog known as 'first world problems'.



Opinions Anyone?

Feeling opinionated lately? Was there anything in a past or recent article that you did not agree with? Was there something you read that you felt wasn't quite thoroughly covered? Any topics in mind that you would have explored that we haven't already discussed? Do you have a certain view on something that you would like the paper to write an article about? Better yet, do you have any opinionated questions you would like to see further investigated? Feel free to let us know! We would love to answer any of your questions or even just hear some feed back. You can contact the Opinions Editor by e-mail at ntu9187@saintjoe.edu.

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Mao Zedong: A Rough Draft

By Corey Dowds
Features Connoisseur

Hey guys!? Miss the paper? Well, thanks, I missed you guys too. I was wondering if you guys could help me out with a little problem- I have a paper due pretty soon on the infamous Mao Zedong! If you guys wouldn't mind looking it over and getting back to me with a few pointers, that would be great! Thanks for reading Pumas!

MAO

Mao Zedong was born in 1893. Everybody thought it was pretty controversial when he was born. He was born right in the center of Asia. Whether or not Mao Zedong actually was real is up for debate. Most scholars agree that he did not, despite heavy physiological, geographical, and political evidence. Mao was born into a farming family yet somehow he still had an interest in politics. He grew up to be a strong sturdy guy, before losing his body to physical neglect and apathy. Mao Zedong was also known as Chairman Mao (Wikipedia, Chapter 2, Verse 13). I'm going to get to my thesis statement, so if you could just hold your horses I would really appreciate it. Like, just try to understand how hard this is for me, Ok?

Let me rewind real quick. He was born a little farmer boy but took great interest in politics. Many of Mao's classmates agreed that he was a complete and utter

nerd. We interviewed 130 year old hermit, Zeng Tu-Rei about his grade-school experience with Mao. "Oh he was definitely one of my favorite people to push, hands down. There were kids with thicker glasses who just looked weirder in general, but Mao had a certain charisma to him. There was something about watching him clumsily fall to the floor and start sobbing that made everyone else happy. Mao had that effect on people." I asked Zeng about the rest of Mao's childhood, to which he remained fixated on the earlier

conversation- "I bet you that Mao was one of the best people to push down ever. He has to be up there." Early Judean-Christian scholars debated about whether Mao was indeed one of the most fun people to push down. The controversy still rages in some social circles to this day.

Yet, Mao was always a controversial figure in time. Whether he was getting pushed down in the hallway, or ruling China with an iron and unforgiving fist, people were always talking about him, if they

weren't making fun of him. He eventually became leader of a group of young Asians called "The Red Stars" which people thought it had something to do with Native Americans and a poorly thought out racial slur. The Florida State Seminoles defended Mao, however, and both Mao got to keep his name and the Seminoles invented Gatorade, so literally everybody won (I saw that somewhere on the internet). Mao later became in charge of an empire. He ended a Chinese Civil War, to which most people agreed

that it was "good." Others even went as far to claim the ending of endless bloodshed and relentless suffering was "pretty sweet." Mao Zedong enjoyed the comparison to another Chinese ruler, Emperor Palpatine.

Mao did a whole lot of good stuff for China, but most people agree that it is "a mixed bag." While he ended Civil War, advanced China into a modern state, gave them color printers and introduced the ingenious Pringles can, he also has roughly a death toll of 40,000,000 people. "I don't know, I guess he was pretty cool" said another woman who lived under Mao, who prefers to remain anonymous (I'll just tell you in the work cited page ;). "But at the same time, 40 million people are quite a lot, I'm seriously just not that comfortable with that amount of genocide, even if it was kind of accidental."

Well, I think I covered about every base. Oh! He died in 1976 or something, I don't know read Wikipedia (Wikipedia, Chapter 2, Verse 13). He also wrote a little red book which is pretty much our equivalent of The Bible. PEACE!

Fin(ished)

If you have any pointers for me, just email me at cdt8678@saintjoe.edu. Also, if you are interested in writing your own features article, let me know. Thanks for your help Pumas!



Here is a statue of young Mao Zedong. His hair was actually perpetually blowing in the wind. People were never able to explain this phenomena, yet some people attribute it to his overall levels of "swag." Early Judeo-Christians debate his swag levels to this day.

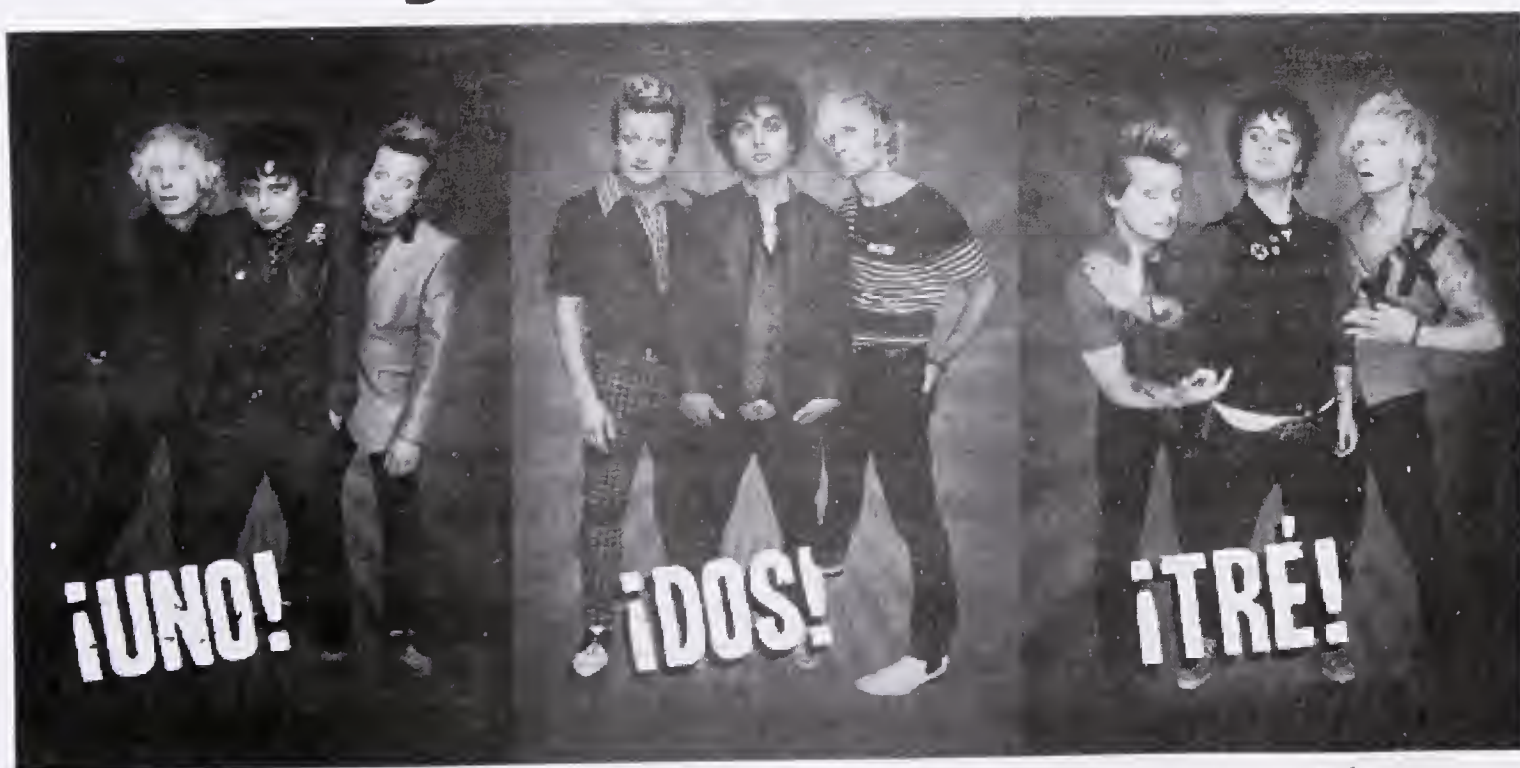
Green Day Uno Dos Tre

By Mike Sosnowski
Features Writer

Three albums?! When I first heard that Green Day was producing three albums simultaneously I was skeptical, which is saying something since they're one of my favorite bands. But I gave them a listen and well it's complicated.

Let's start with ¡Uno!. ¡Uno! is the best of the three. The songs on here are memorable, catchy, and solid. The whole album has a fantastic attitude that carries you through. This is helped tremendously by the fact that the album flows smoothly between tracks. The majority of the tracks here are gold. The best of this album is "Kill the DJ." It exemplifies all the positives Uno has to offer. My only qualm with this album is "Oh Love." The song doesn't fit here. It's too slow and lacks a punch.

That's a good way to characterize ¡Dos!. Most of this album is slow and lacks any punch. It isn't very memorable. I don't know if it's the individual songs or if it's the composition of the album but something about this album just doesn't work for me. Honestly the songs here are



Green Day does some whacky poses for there three album covers. The band The Flaming Lips in 1997 released Zaireeka as a single album yet four compact disks- in a vaguely familiar fashion. On Zaireeka, you were supposed to play all four CDs at once to get hear the actual songs. Maybe we should thank Green Day for keeping it simple?

often slow and sluggishly paced and very awkwardly held together composition wise, there is no flow to this album. If you're going to skip any one of these albums make it ¡Dos!. The one factor that kind of saves it is "My Stray Heart." That song feels like it belongs on ¡Uno!. The worst part

of this album is the guest songs with Lady Cobra. These songs are not Green Day in the least and to be frank they sound awful.

What about ¡Tré! then? Well ¡Tré! is a very good album and barely loses out to Uno for the best of the trio. Despite that it's my favorite of the three and if

I had to recommend just one of these it would be this one. The biggest positive of the album is the fact that it is reminiscent of Green Days older style. The songs here are once again crisp and clean. Not only that but they are fun and great to sing along with. The only problem here is that the

songs don't stick with you. You won't be humming these hours later. Well with the exception of "Sex, Drugs & Violence" which is the best song of the album.

So overall the trio is solid but kind of lacking. It's worth checking out. After all two out of three ain't bad.

Sustainability

By Kristina Hemmerling
News Editor

As you hopefully read a few issues ago, and as I'm sure you have come to notice in the cafeteria, SJC is making some changes. Due to the help of Lana Zimmer, our school has the goal to become sustainable and able to provide for the current students and those to come in the future. Back in the day our school had it's own garden, orchard, and even farm animals. All of those things died, never got re-planted, or burned down. Since then, our campus has been dependent on outside, unhealthy, and badly produced forces for many years. Recently, students and staff have been making a new effort at becoming sustainable. Lana Zimmer, associate professor of education, is at the forefront of this effort.

In the past year alone, Lana has started the Student Sustainability Coalition (SSC), helped our campus begin a garden and orchard on campus, opened a new minor in Sustainability Studies, and has initiated changes in the cafeteria. Lana started the sustainability club on campus. She has found that "issues related to sustainability are the number one challenge to the 21st century." Since it's such a big issue, she felt that the students here would "benefit from learning more about the issues and learning more about how to live sustainably." Thus far the group has remained relatively small, only about six students. But their reach and pull on campus are not so small. This past summer our campus gained a new orchard and garden. Brian Capouch and Lana Zimmer worked together with students to plant both the orchard and garden.

In the fall of 2011 Hanna Kane began going to the Harvest

Fest meals that Lana and Brian put on for freshmen. This past fall Brian Capouch taught a cooking class that prepared the food for the Harvest Fest meals. The Harvest Fest involves weekly meals using local and campus garden food. Kane got involved and was asked by Lana Zimmer to become the sustainability intern for Sodexo, the company that provides food for our campus. What a lot of people do not know is that Sodexo has goals of becoming more sustainable.

Working with Katie Wright, Kane did great amounts of research of other colleges and how they were working towards sustainability. Going trayless was a popular theme. They attempted it, but the students rejected the idea. Kane and the Student Sustainability Coalition realize now that they went about going trayless in the wrong way. Collecting data was not a priority, but students wanted proof that going trayless did lower waste of food and water. "The kitchen staff told me that going trayless did use less water," says Kane,

but since the student body had no proof, going trayless did not pass through the school Senate. "Research does show that food and water waste are cut considerably when trays are not used, however, there are no plans in the immediate future to implement going trayless," Lana Zimmer concedes.

After the trayless effort Student Sustainability Coalition wanted to go in a new direction. Composting wasted food is what they decided on. Lana Zimmer tells where they got the inspiration for this idea. "Hanna Kane, Dr. Robertson, and I visited Goshen College's cafeteria last year and saw their composting program, which is what we modeled ours after. Then, Dr. Robertson, Adrienne DiRuzza, and I gave a conference presentation in Milwaukee on our gardens and orchard last September, and we visited Growing Power, Will Allen's (our MLK Day speaker) urban farms. They compost more than 47 million pounds of organic waste yearly. From both of those, we were inspired." They received

a grant for this project, and our school currently owns five composting bins, three of which are already full.

Starting January 14, 2013 our cafeteria began composting wasted food. From that first day to February 1, 2013 upwards of 35,000 pounds of food were composted. The majority of this comes from the kitchen, food that never reached student trays. On March 19 from lunch alone, eighty pounds of food was composted from the kitchen and about seventy-five pounds from the students.

All of this food waste will be put on our orchard trees, which will not produce fruit for about three or four more years. Sodexo will eventually buy fruit from these trees, but they cannot buy food that has had compost on it within one year. This is why no compost will be put on the garden goods. Sodexo is in the process of buying food from our gardens. There is a slight markup in homegrown food prices so our cafeteria head, Chuck Waterbury, wants to be sure students will approve. The SSC is going to begin some surveys of students to see what they think about getting healthier food in the cafeteria. Hanna Kane says that she used to eat any food, but not anymore. Working with Sodexo as the Sustainability Intern has opened her eyes. "Unless I know where the meat comes from, how it was raised, what it was fed, and how it was processed I won't eat it. So I don't eat meat here or at many restaurants because I know how food is usually processed, and it's very bad for you." A great deal of the food is prepackaged and then given to our kitchen staff to merely reheat. It sounds like mass produced frozen dinners to me. The food from our garden is considered "real food" because it nourishes producer, consumer,

and the earth. Hanna Kane, Emily Baird, and Daniel Crider gained information on real food from The Real Food Challenge meeting they went to in Kentucky a few weeks ago.

Kane says that if more students were informed about how the food we currently eat was processed they would be more willing to accept the changes the SSC is trying to implement. "Soon we're going to show documentaries, like Food Inc and Fast Food Nation, once a week for a month to help educate the students about food." A speech will also be given to explain why it's important to eat healthier.

Along with our garden's food, the SSC wants to start providing more Fair Trade food on campus. Jazzman's, and the coffee and sugar in the cafeteria, is already Fair Trade. "Fair Trade foods are coffee, sugar, and bananas, basically anything we import from underprivileged workers," says Kane. The reason these are good items is that they support a more sustainable development for marginalized workers. For anyone who wants more elaboration, according to Wikipedia fair trade is "a trading partnership, based on dialogue, transparency, and respect, that seeks greater equity in international trade."

The Student Sustainability Coalition members are planning all of these things, and more. But before they become too ambitious they have one goal. "We would like our programs to grow in order to involve more students and staff. Our goal is to build a culture of sustainability on campus whereby people are always mindful of the problems and the issues yet feel empowered to make a difference by learning more about possible solutions," says Lana Zimmer of the club she supports.



The wonderful cycle of sustainability!!

The American Authors

By Tabitha Blaisdell
Features Writer

During my Spring Break, I unfortunately had to get my wisdom teeth out. Being that it was Spring Break I was pretty bummed out about the whole ordeal. I figured not one exciting event would occur during this break. To my surprise, I was wrong.

One morning I was up super early due to the uncomfortable pain my wisdom teeth removal had put me in, so I decided to watch some t.v while I waited for my pain medicine to kick in. I started flipping through the channels and came across a commercial that caught my attention. It wasn't the commercial itself that had me captivated, instead it was the music that was being played in the commercial. It was a Lowe's commercial, how uninteresting right?! That's what one would most likely assume, but I was genuinely so enticed by the music

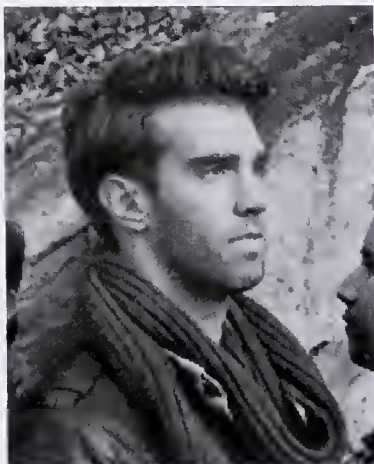
that I replayed the commercial and turned up the volume so I could hear it more efficiently. If a commercial actually gets you to rewind it instead of skipping through it, I'd say that's some damn good advertising!

Although I wasn't the least bit interested in Lowe's, I can recall every single detail of that commercial and I believe the band featured in it deserves a lot of recognition for that. In addition to that, it did give me a better impression of Lowe's. I always viewed that store as being extremely bland like any typical hardware store, but the music they had playing during their commercial was anything but that!

My main intention was to find out which exquisite band was being featured in this commercial. The music reminded me of two of my favorite bands, Imagine Dragons and F.U.N. However, I wasn't quite sure as to who it was. After rewinding it a few times,

I mentally recited the lyrics and googled them on my computer.

In result to the google search, I came across a band I had never heard of who call themselves American Authors. American Authors is an alternative band consisting of four guys from Brooklyn, New York. According to their Facebook page, they just recently formed in 2012. Since then, their music has been featured in a few commercials



The lead singer of American Authors!

internationally and they have gained a large amount of fans in such a short period of time. I searched them on Youtube and found the catchy tune I had heard during the Lowe's commercial along with many others. The song that is utilized in the commercial is titled "Best Day of My Life". It's an upbeat song which contains a mixture of pop and whimsical reggae sound. It will most definitely be my pumped up for spring theme song! It has all the elements that scream sunshine and warm weather. "Best Day of My Life" isn't the only song that is extremely catchy, American Authors has several others that are also worth acknowledging. I'm so enamored with this band that it's hard for me to even pick a favorite song. You can decide for yourself by listening to American Authors via their Youtube and Facebook page.

It's unbelievably thrilling to find a band who's music really moves you. Their band

name American Authors really illustrates who they are as a band. They convey stories throughout their lyrics that are easy to identify with. I listened to every song I could find by them on Youtube and was amazed by each and every one. At that instant, I could tell I had unintentionally discovered a new favorite band. So I guess you can say, something good did come out of my painfully anticipated Spring Break. Coming across a new band that I really enjoy listening to on repeat makes up for the pain I had endured when I first heard their mesmerizing song through my t.v. This band may have only just begun, but they're off to an impressive start and I'm very excited to hear more from them. You should give them a listen or at the very least make sure to keep your eyes and ears open for that Lowe's commercial. Who knows, it may lead you to becoming a fan along with me and having a new favorite band as well!

Track Opens Outdoor Season

By Bisrat Desta
Sports Staff Writer

Focus is a word that has been heavily emphasized by head Track and Field coach Bill Massoels. After a disappointing indoor conference meet it seemed as though the focus and intensity was not there.

"We did not show up to Indianapolis for that meet with the same focus, and it showed in our performance" said assistant coach Joe Koczan. The Pumas look to bounce back and perform up to their coaches expectations in the upcoming outdoor season. With a good core group of upperclassmen leading the team they should have a reasonable shot at winning a conference title by both genders.

The key to success for the Pumas this season will be getting solid contributions from all members in any given meet instead of certain individuals having personal accomplishments.

"We never had a meet last year where everyone had their best performance; good performances varied by people and meets" said junior Richard Kaht. In order to beat the power house of the GLVC Conference, University of Indianapolis, the Pumas need everyone from the distance runners to the throwers to have a well put-together meet. They will also need their star athletes like senior Joe Took, and junior Mike



Fauser to compete at the same level they have been competing at throughout the duration of their careers. Took and Fauser who are coming off back-to-back indoor conference championships in their respective events look to build on their success and lead their team to victory.

The outdoor season began on Saturday, March 23, with a meet hosted by the Pumas. Though the meet was small it was a good kick-off to the season.

Matt Phillips was one of several SJC athletes to compete in the 5,000 meter run on Saturday. He finished in a time of 16:07.18, good for third place. Photo courtesy of Fr. Tim McFarland, C.P.P.S.

The talent is there, the leadership is there, putting that all together will be a difficult task but definitely not an impossible one. "This is one of the most talented teams I have been on since I been here" was the comment by senior Brian Witt, which shows that they have the group to meet the high standards they have set for

themselves. With that being said the fate of their season comes down to what coach Massoels has reverted to time and time again, FOCUS. With upcoming meets at Purdue and IUPUI we should see how they plan on implementing that focus into their performances.

Upcoming Games

March 24th

Women's Golf
@ Perry Park, KY

March 29th

Baseball vs. USI, DH
12:00 p.m.

SB vs. Lewis University,
DH
12:00 p.m.

Women's Golf
St. Joe Invite

Women's and Men's
Tennis vs.
Lewis University
2:00 p.m.

March 30th

Women's Golf
St. Joe Invite

Baseball vs. USI, DH
12:00 p.m.

Softball vs. University
of Wisconsin-Parkside
DH 2:00 p.m.

Track @ Purdue
Poehlein Invite

Men's Tennis
vs. Aurora

Baseball Looks Towards an Exciting Year

By Reid Brazel
Sports Staff Writer

As warm weather is just around the corner many high schools, pro teams, and colleges are preparing for the upcoming baseball season. Saint Joseph's College is no exception being voted into the fifth place slot in the 2013 GLVC Coaches Preseason Poll in the East Division. Our Pumas were compared with eight different teams. Quincy University took the top slot in a tight vote for the West Division with a five way tie for first-place.

The University of Indianapolis trumped the University of Southern Indiana which snatched one first-place vote. Bellarmine University took third place closely followed by Lewis University in fourth. Saint Joseph's College followed Lewis University and Kentucky Wesleyan came after us in sixth. The University of Wisconsin Parkside was voted into the seventh place slot while McKendree University was selected eight overall in the East Division finishing off the list.

Our Pumas are looking at a highly experienced team this year returning two senior catchers to the field with Eric Mason and Kolin Conner. Mason is batting a team-high .307 with 21 RBI and

seven doubles. Conner follows closely with a .294 average with eight doubles, three home runs, and 19 RBI.

Our pitching staff is also looking hot this year with Nathan Bunch and Jake Harper leading the bullpen this spring. Bunch has an experienced throwing arm starting 11 games last season finishing with a 4.55 ERA and 49 strikeouts. Harper started two games last year and played hot in both of them with a 4.63 ERA

and 10 strikeouts in 23.1 innings pitched. Sophomore Jordan Peterson will also see some time on the field this season Pereterson made five starts and finished with two wins, a 2.72 ERA, and 44 strikeouts.

Coach O'Dette's outfield brings back Brandon Brian who hit .299 with two home runs, 16 RBI and 11 stolen bases last season. The Pumas have added transfer students Charlic Dennehey and Cameron Chestnut

to complete their outfield.

The star player of our infield this season will be Second-team All GLVC third baseman Jake Roberts, who finished with a .301 batting average, 15 doubles, three home runs, and 19 RBI. Rounding out the infield will be sophomore second baseman Matt Skryzpiec, fellow sophomore first baseman Joe Sturino, and junior shortstop Craig Austgen. Sophomore Chris Hauser will play as a utility player in the infield and outfield.

The Pumas have started out their season 2-2 after 2 close losses to the Drury University Panthers and a 2-0 shut-out against Tiffin University to win their first victory of the 2013 campaign Since opening week the Pumas have taken six more wins and four more losses leaving them at 8-6 overall for the season. Their next game is against the University of Missouri-St Louis at 12:00 PM on Saturday March 23, 2013. We can only wish our Pumas luck with more success in the coming season.

Puma Fast Fact:

SJC Baseball's 8-7 (5-3 GLVC) start to the season is the program's best season start since the 2011 season, when the Pumas started the year 10-5-1 (3-1 GLVC)



Sophomore Chris Hauser will play as a utility player in the infield and the outfield this season. In the 2012 campaign, he played in 33 games and started 28 for the Pumas. Had a .245 batting average including six doubles with 10 runs and eight RBI.

Photos courtesy of Fr. Tim McFarland, C.P.P.S.

Lady Pumas Dominate on the Road

By JJ Miller
Sports Editor

The 11-4 Lady Pumas Softball team has shown the same skill that carried them deep into the postseason last summer, after not only going undefeated (8-0) on their spring break road trip, but also winning 3 of their last 5 games, in a season that has yet to allow them to play on their home turf.

On their most recent road trip, the Lady Pumas split both doubleheaders against McKendree University and Bellarmine University. On Friday, the Lady Pumas opened with a hard-fought 5-4 loss to McKendree, followed up by a dominant 4-1 win later in the afternoon. The next Saturday, the lady Pumas struggled to ignite the offense, dropping the first game 3-0, and not scoring till the 6th inning of the second game, pulling off a 6-5 comeback victory against Bellarmine.

The highlights of the road trip started in the 1st inning of

the first game, with freshman catcher Kalene Davis smashing an RBI double, scoring junior outfielder Kylie Weeks for her 17th RBI so far this year, and also moving third baseman Shawn Hoskins into position to score on a wild pitch later in the inning. Sophomore second baseman Stephanie Winter added two more runs for the Pumas, with a solo home run to lead off the second inning, and a sacrifice fly in the 4th that scored sophomore Gina Catanzarite, who was pinch running.

Senior Megan Ramey pitched a complete second game, with 6 strikeouts, and only allowing one run in the 4-1 victory. She had great run support from her offense, as Shawn Hoskins opened in the first with an RBI single that scored Kylie Weeks. Weeks had her own RBI single in the 3rd, scoring freshman shortstop Myranda Eckberg. Both sophomore catcher Alex Franklin and Kalene Davis had solo homers in the 4th and

6th, respectively, adding two insurance runs to give Ramey a comfortable lead to work with.

The following day, senior pitcher Sarah Franklin suffered a loss in the first game after pitching a complete game, giving up one hit, a three-run homer in the 6th. The second game looked to be much of the same, as Bellarmine hammered at Megan Ramey, scoring 5 runs in the bottom of the 3rd, including another 3-run shot. However, the bats came alive for the Pumas in the top of the 5th. After sophomore right fielder Tiffany Gibson was hit by a pitch with bases loaded, scoring Catanzarite, the offence opened up on Bellarmine, with a Davis RBI single to left, scoring senior outfielder Kristin Paris. Next up, Hoskins had a sacrifice fly to score Gibson, followed by another RBI single, this time by Winter, to score Davis. After sophomore pitcher Jessica Cates came in during the 5th, she shut down the Bellarmine bats,

allowing the Pumas to finish them off in the top of the 6th. Tiffany Gibson singled to score Paris, tying the game, and a sacrifice fly by Davis would score Kylie Weeks for the game-winning run.

The Lady Pumas are now 11-4 (3-4 GLVC), and will hopefully, with mother nature permitting, be hosting a 6-game homestand, starting with a doubleheader against Lewis University on Friday, March 29th, followed by a doubleheader against University

of Wisconsin-Parkside the 30th, and a Tuesday doubleheader against University of Indianapolis on April 2nd.

Sophomore Tiffany Gibson was a key part of the offense for the Lady Pumas, scoring twice and having an RBI single.

Photo by Fr. Tim McFarland, C.P.P. S.



Tennis Has Successful Spring Break

By Katie Guernsey
Sports Staff Writer

The men's and women's tennis teams traveled to sunny Hilton Head Island in South Carolina for their spring break. They played in the annual PTR Spring TennisFest.

After a long drive down, they kicked the break off against Tiffin University. Throughout the week they played matches against competition ranging from GLVC competition, the University of Illinois-Springfield, to powerhouse Division II programs like Michigan Tech, to Division I programs like George Mason University.

However, both the men's and women's teams came out with a winning record, only losing to George Mason and Michigan Tech.

"It was a really great week, all in all. The trip to Hilton Head is always fun to begin with as far as just getting out of Indiana and

onto the beach for the week. But this year was really successful on the tennis side of things as well. It was a good week for us to have leading into conference season, since the conference teams are so tough. We played some hard competition that prepared us well," said junior Marie Kegley.

The week ended well for both teams, giving the teams some good experience on an outdoor hardcourt, and the new, unusual experience of playing on clay.

They kicked off their GLVC conference season this past Saturday against the University of Indianapolis. The match is always interesting, and this year proved to be no different.

Though both teams got swept, the individual matches were closer than the score indicated.

Senior Katee Sanderson at #1 singles came back after losing her first set to clinch the second. She ended up losing in a third-set tiebreaker in a very questionable call made by a line judge.



"We're all excited to get conference season kicked off. The team this year is stronger than ever, and hopefully that'll pay off," said junior Seth Arthur.

The team plays Lewis University, a tough GLVC team, on Saturday March 29th.

This conference year should look good for the teams, as newly inducted McKendree University will automatically not get a bid to the tournament. The Pumas are hoping to make it to the conference tournament and will be working hard to get there.

Both Men's and Women's Tennis had a fun and successful spring break trip.

Photo courtesy of SJC Tennis Head Coach Reggie Sanderson

Puma Athlete Profile: Chris Newbauer

By: Brendon Varallo
Sports Staff Writer



Chris is a Junior Business Administration major with a Spanish minor. He is from Knox, Indiana, and is a member of the SJC golf team.

What's your favorite club in your bag?
- My 3 wood

What's the craziest spot your ball has ever landed?

- A guys golf cart, it kept my ball from going into some tall grass too!

What's the funniest movie you've ever seen? Why?

- Happy Gilmore, it's the best period.

Who's your favorite golfer? Why?

Tiger Woods, he's the best ever

If the 'sky is the limit', then what is space?

We are part of space.

If Luke took a bath in cold water would the water turn lukewarm?

Does a bear crap in the woods?

If you could golf at any PGA (pro) course which one would it be?

- Augusta for sure is a great place. But St. Andrews. That's where it all started.

Have you ever played charity golf? For all the readers, charity golf isn't playing for a good cause, it's playing without paying. Which I myself do often.

- Ummm, sometimes, usually in the early spring or fall when the course isn't open.

Know someone that deserves the spotlight? Let us know! E-mail their name and sport to kgt8533@saintjoe.edu or fmi8451@saintjoe.edu.

Fountain Stone
Theaters

Movies for March 28th

(219) 866-2222
fountainstonetheaters.com

G.I. Joe: Retaliation 3D
(PG13)
7:00

Jack the Giant Slayer
(PG13)
4:05

Olympus Has Fallen (R)
4:05, 6:15

Oz the Great and Powerful
(PG)
4:00

Oz the Great and Powerful
3D (PG)
6:10

The Croods (PG)
4:20

The Crood 3D (PG)
6:20

The Incredible Burt
Wonderstone (PG13)
4:15, 6:25

Coming Attractions:
The Host (PG13)

The Ritz Cinema

Movie for
March 29th-April 4th
(219) 866-0086

www.ritzcinema.net

All movies begin at 7:00 M-F
Matinees every day 2:00

Safe Haven (PG13)

Kindhearted Kat and Giddy
Gloria Give Advice

Have questions for Giddy Gloria and Kindhearted Kat? E-mail them to rpt8460@saintjoe.edu!

Dear Kindhearted Kat and
Giddy Gloria,
What do I wear on a first
date?
Sincerely,
Undressed

Dear Undressed,

Whether you are a guy
or a girl, picking a first date
outfit can be stressful. I know
that on my first date, I spent
a lot of time picking out my
clothes, doing my hair, and
getting all dolled up.

One of my guy friends told
me that he, too, spent quite
a bit of time trying to pick
out what to wear. Honestly,
it doesn't matter as much as
everyone makes it out to be!

I mean, you are nervous
enough just trying to figure
out what to say and do, you

don't need that added stress
beforehand. Really, just
wear something that you are
comfortable in and that shows
who you are.

If your date doesn't like
what clothes you're wearing,
then he or she doesn't even
deserve to be on the date with
you! So just be yourself, relax,
and everything will fall into
place.

Sincerely,
Kindhearted Kat

Dear Kindhearted Kat and
Giddy Gloria,
My boyfriend dresses in
pajama pants when we go out.
I hate it. What can I
do to make him dress nicer? Or
at least wear some jeans?

Sincerely,
Pajama-Hater

Dear Pajama-Hater,

I have encountered this
problem in the past. A lot
of people have the Comfort
over Appearance mindset.
However, both can be
combined. I have tried three
different ways to get a guy to
take his appearance into more
consideration.

One way would be to
compliment him. Obviously,
you aren't going to
compliment his sloppy look.
Instead, on a day he wears
jeans, you can say: "Wow,
babe. You look really good
in jeans." Or something along
those lines could work as well.
This is going to give your
boyfriend a confidence boost,
and incentive to look good for
you. The second option would
be to warn him in advance

that you two are going to be
going out. If you are making
an effort and he isn't, it is a
little embarrassing and it looks
really bad on his part when
you two are out in public. If
there is no time for a warning,
just ask him if he can go and
change really quick before you
two go out. Maybe he won't
be the best dressed in a short
amount of time, but he won't
be the worst. The third option
is to go shopping together.
Pick out a pair of jeans or
slacks and a couple shirts that
you both like. This will show
him what you like on him,
and if he likes what he sees on
him as well, it will encourage
him to dress better for future
outings.

Sincerely,
Giddy Gloria

Over
Heard

Heard something crazy
or scandalous in the
cafeteria or around
campus?
E-mail rpt8460 with
your anonymous sub-
mission! You may see
it in the next issue.

"Who would win in a fight? A meth head or a crack head?"

"Do you need help or scissors?"

"We couldn't find any shot glasses, so I was using a quarter cup measurer."

Person #1: "Compare her to any animal."

Person #2: "One that bites."

"Maybe instead of a diploma I'll ask for a blank sheet of paper. That will have an infinite number of uses."

This Week's Creative Stuff
from Saint Joseph's very own Creative
Writers and Artists

Attention Creative Writers! Do you write poetry? Draw cartoons? This section is specifically FOR YOU! If you have something you'd like published in the paper, e-mail it to rpt8460!

Absence Makes the Hips Grow Wider
Katie Guernsey

Colin was the love of Anne's life
Until his two year job training in Uzbekistan.
It was then that she ate through her pain and strife.
Absence makes the hips grow wider, Anne.

Jack and Debbie met in a chat room,
But never could find a good time to meet.
Little did she know Oreos would be her doom.
Absence makes the hips grow wider, Debbie.

I hate it when you're not around,
If we come face to face again you'll see
Just what this separation has done to me.
Absence makes the hips grow wider, Jeffrey.

The Weekly How To
By Mike Sosnowski

How To Shop

Today I'm going to tell you how to properly partake in one of every college student's favorite activities. Or I would but my editor told me it would be in bad taste to write about drinking in a school paper. Um, so instead I'm going to tell you how to shop.

The first step of shopping is knowing what you want to buy. The trick here is to stay classy. Top shelf items are always in great taste. Don't worry though if your budget is a bit tight, you are in college and it is not only expected but socially accepted. So go ahead if you really want get as much as you can at as little cost.

The next key step is to shop with friends. It's a lot safer this way. Plus shopping puts people in a good mood and good times are sure to be had. Not only that but it's also kind of pathetic and maybe a sign of a problem if you're always shopping alone. So go ahead, get your pals together, head downtown, and shop to your heart's content.

Another very important thing to remember when shopping is to not overdo it. This is a problem for so many people. They start shopping and they just don't stop. The key to shopping is moderation. Shopping too much can be detrimental to your health, and may cause exhaustion and headaches. Plus if you shop too much you look rather foolish staggering around because you have had to carry around too many bags. Think about it. No one likes that person at the store that has clearly gone past their limit.

Perhaps the most important thing to remember though is to just have fun. If you get all depressed and start talking about your ex, no one is going to enjoy shopping with you. So cut back, relax, and enjoy yourself. Oh, and remember always shop responsibly.